### **Speakers & Lifelong Experts**

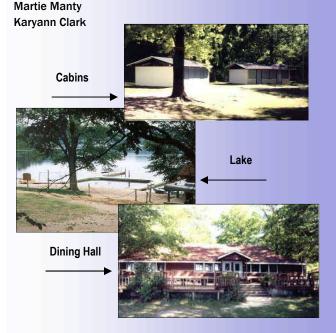
Cheryl Beery Teresa Kellerman
Libby Ribold John Kellerman
Ed Riley Steven Holl
Barb Wybrecht Sondra Beery
Rob Wybrecht Deb Evensen
Katrina Chisholm Kathy Mitchell

### **Conference Committee**

Bob, Cheryl & Sondra Beery Dave, Judy & Eric Amon Sheron & Katrina Chisholm Judine Leavitt Sue Pahl

### **Conference Coordinator**

JoCindee Sawaquat 231-883-1088 jcsurya@aol.com



### **Conference Sponsors**

**Catholic Human Services** 

**Centers For Disease Control and Prevention** 

**Speckard-Knight Foundation** 

**Prevention Network** 

**FAS Center For Excellence** 

National Organization for Fetal Alcohol Syndrome

**First Christian Church Traverse City** 

Fetal Alcohol Concerns Everyone (FACE-IT)

JoCindee Sawaquat
Catholic Human Services
1000 Hastings Street
Traverse City, MI 49686



A Conference
By and For
Individuals With
Fetal Alcohol
Syndrome
and other
Prenatal Alcohol
Effect Conditions

### **Camp Henry**

August 19-22, 2004 Newaygo, Michigan

Each participant must be age 15 or older and be accompanied by one adult support person.

Limit: 50 participants 50 support persons



Being Our Best

### with

For alcohol affected individuals age 15 years and older. Each person must be accompanied by a support person.

**Registration Form** 

# EA.S.

## Camp Schedule

### **THURSDAY**

6-9 p.m. **Arrive at Camp** 

6-8:30 p.m. **DINNER and Tour of Camp** 

8:30 p.m. Welcome.

> JoCindee Sawaquat, Conference Coordinator, **Catholic Human Services**

8:45 p.m. Brain Gym Fun-

Cheryl & Sondra Beery

### **FRIDAY**

8:30 a.m. **BREAKFAST** 

9:15 Brain Gym Fun- Cheryl & Sondra Beery

9:30 How My FASD Brain Works &

How To Cope With It- Ed Riley

10:15 Zero Drinking/Drug Use= Zero Risk

**Kathy Mitchell** 

11:00 **Smaller Group Sessions,** 

Choose One

- Easy Rules to Remember:

- Stay Safe, Healthy & Happy

- Reducing Stress and Tension Through

**Body Movement** 

- Safe Things To Do When You Get Angry

#### 12:00-1:00 LUNCH

1:00 - 4:00 RECREATION

Your Choice-**Beach Activities-**

Swimming, boating, fishing; Nature Trails; Volley Ball; Teether Ball; Tower Climbing; Horseback Riding, Hands on Creativity-clay,

Etc. Ropes Course (Extra Fee) Storytelling—Steve Holl

5:30 **Small Group Discussion** 

DINNER 6:00-

4:00

7:00 **Pre-Campfire Skit Groups** 8:00 Line Dancing/Board Games 9:00 Campfire, Skits and Stories

10:00 **Lights Out** 

#### **SATURDAY**

8:30 A.M. **BREAKFAST** 9:15 **Brain Gym Fun** 

9:30 We Can Prevent FASD- Kathy Mitchell 10:15 Advocating For Myself at School

Deb Evensen & Rob Wybrecht

**Small Group Sessions** 11:00

Choose One

- Teaching Employers About FASD

- Learn How To Meet Safe People And Keep Good Friends Who Don't Use Drugs or Alcohol

- Be A Great Role Model For Family & Friends

By Not Using Drugs or Alcohol

12:00 LUNCH 1:00-5:00 RECREATION 6:00 DINNER

7:00 Safe and Fun Dating Panel Discussion-

**FASD Youth** 

8:00 **Social Dance** 9:00 Campfire

### SUNDAY

6:30-9 a.m. BREAKFAST, CLEAN-UP, DEPART

**Pickeral** Lake Lodge



Name
Address
City/State/Zip
Telephone: ( )
Support Person:
Address:
City/State/Zip:
Telephone:
E-mail Address
Special Dietary Needs
Special Accommodations?
Plan to do Ropes Course: Yes No Cost: Additional \$30, Send with Registration
I understand that I am responsible for my own actions, and that there is to be no smoking, no use of alcohol or other drugs and no violence at this conference. The rules are: I respect myself and I respect the person, property, and space of others. If I do not abide by these rules, I will be required to leave the conference.
Signed
Support Person Signature

Cost of conference: \$75.00 per person Return by July 1, 2004

Please make checks payable to:

Catholic Human Services

ATTN: JOCINDEE SAWAQUAT 1000 Hastings St Traverse City, MI 49686

Email: jcsurya@aol.com Phone: (231) 883-1088